WILL PLUMP THE CHEEKS, SMOOTH WRINKLES TAKE AWAY CROW'S FEET AND REMOVE HAIR WHEN APPLIED ADROITLY.



FOR THE SUNDAY MEPUBLIC. truly a happy day for woman to discovery was made that her face to improved by electricity.

defaction, neuralgia and all the kin-dills are dectored with the electric cur-t, and, as for the nerves, they are ac-

and, and, is for the nerves, they are active controlled by its power.

But it was received for a later discoverer is note the fact that woman's face and figure estale to improved by the electric curves, as well as her system.

A faceous Franch physician began by expensiving upon some of his wealthiest parameters, who treated facial blemishes and delete of figure with the electrical roller, as electrical massage appliance, the face improve and the neck developer.

Let for the removal of superfluous hair to results with the needle were unquestion.

With only a tiny prick of the needle, the

for root was killed, never to revive nor now a hair through the skin again.

Other methods were tried with indifferent see. They worked like a charm in some

mena, but not in all.

Hair disa costly in certain skins, but in others it is obstinate and the root seems destined to live forever.

Pulling out the hairs is an excellent thing, and if the operation be followed by a drug sufficiently powerful to kill the root the hair vill not come back again, in the majority of come there are certain obstinate skins in which it reappears and reappears, coming hast as stardy as ever and twice as obstinate.

and the hair comes out on the tip of the

to be a set with superfluous hair alone concerned, but with every a factor of countenance.

I particularly is it effective in the case realize, which seem to yield like magic counterty.

the the electric roller and crow's feet come is in the mans simple way.

The relier, which is attached to an electric which has its own electrical attachmis, is made to communicate with a galaxie, is made to communicate with a galaxie.

If it be applied to a harsh, dry skin it will certainly injure it just as it will prove of benefit if applied to a skin that is properly prepared for it. Skin that has been chapped by the win

and ruffled by the sun, and that is treated simply by being washed with water, is in the worst possible condition for the use of

The electric current, instead of plumping out the flesh, will almost shrivel it, and the poor patient will have a face that resembles parchment.

HOT WATER TREATMENT.

Even when the head is being treated for headache and the work is being done by an amateur, the greatest precautions should be taken

The skin should be properly prepared, and the patient should keep it in good receptive condition as long as the electricity is being

To keep the skin right for the electric treatment a daily massage is necessary.

This should be a massage not with the whole finger tips, but with the whole hand. The face should be spatted until the blood comes to the surface, and the skin is fully invigorated.

To get the skin in the right condition it should be treated with the hot water and

Hot water should be applied to the skin with hot cloths, which should be laid on one after another and renewed as soon as

Ten to fifteen minutes is not too long for the application. But care should be taken all the time not to burn the fiesh. Steaming is bad, because it makes the skin sore, unless very carefully done by an expert; and so is every other kind of very not application unless very well managed. The safest method for the amateur is the one which is carried out with the applica-tion of hot cloths wrung out of hot water with the hands and laid upon the face It is not safe to use the wringer for this purpose for the reason that the cloths are wrung out too hot and applied while steam-

It is necessary that the skin should be heated until the pores are well opened, and when this is done the face can be lightly washed with a bath bag filled with a heal-

ing powder.

The best bag for the purpose is made by mixing powdered eatmeal with a little pulverised scap in the proportion of a table-spoon of the pulverised scap to a cup of the eatmeal.

one cares to do so, one may add a little orris powder for the sale of the scent. Just before using the bag a drop of gives-ine may be added.

shape and loose in texture, so that it can be rubbed over the face without injury. An oatmeal preparation of this kind should be followed by a thorough rinsing

with hot water, and the face is left very soft, very smooth and of a good color It is now ready for the application of electricity, and in this stage the electric roller will do more good than at any other

If the skin does not respond readily to the preparation it can be further treated with a little skin food of the sort which was used by our great-grandmothers when they were young girls and danced with Lafay-

They made the lotton by taking the leaves of the sweet clover and steeping them in pure mutton tallow, to which they added sweet oil enough to make a silvery cream. The whole was poured by the belies of that day into egg shells and hung from their dressers with gayly colored ribbons This was applied after the belle had been out in the wind and sun, and it made the

face smooth and fair. The electric roller and the massage treatment are often applied in cases where they can do no good at all, where the skin is saffron and where there is no hope of clearing it by external treatment.
Those who have the saffron skin should,

while using the massage roller, treat the skin through the blood, All the year around, and especially dur-

ing the summer, the skin is apt to grow yellow if neglected, and, instead of the pink and white glow of health, there will be a billious yellow tone turning into saffron. SAFFRON COLORED SKIN.

For this sort of skin there must be a horough internal treatment. The saffron colored woman should breakfast upon a whole cantaloups or as much

watermelon as she can est. She must not take coffee, or if wedded to her cup of coffee she must not take cream with it, for, if the temperament be billous and the skin a deep yellow, it pretty certain that coffee and cream will ferment at once in the stomach.

resh fruit at night before going to bed, and, for clearing the skin, fresh figs are best-

Round, fresh green ones that are more She should also est apple sauce and prunes pesides berries and fruit of all kinds. To clear a skin which has a yellow look there is that splendid skin tenio, phosphate of sois. A teaspoonful of this taken in hot water three times a day, immediately before meals, will act like magic upon the

diet, and all those who have a drowsy feel-ing and whose eyes are not clear and bright.



THRING OUT THE FURBOW FROM BETWEEN THE EYES

chicken, with frest and wifes attestitutes,

or no coffee at all.

If the skin is drawn and yellow no as of exterior massage or of physical culture exercises will restore its tone, for the trouble comes from within and must be

treated internally.

Women sometimes take up physical culture and facial massage for the removal of the tired look around the eyes and the eye

But it is very seldom that they can be taken away in this manner, for the eye sao cames from some internal trouble, and the Get the circulation restored and the sace will go, treat the liver and the peculiar color will leave the skin and the white of

TREATING TIRED LINES. TREATING TIRED LINES.

Even in removing superfluous hair from
the lip there should be some attention past
to the preliminary treatment of the skin
and the patient should slightly steam the Thred lines can be realized from the face by dipping the lingers into a good skin food and running them over the lines with a gen-

TIC

ADVICE TO READERS.

Where the lines come from old age there is nothing so good as almond oil, which re-stores the natural moistures of the skin. But, where the lines creep in prematurely it is better to use some food which acts also as a stimulant.

Those who are anxious to remove crow's

of poor health must be careful about apply-

the natural cells.

Lemon julce and rose water may be all right for the taking away of freekles and tan, but the mixture will certainly make wrinkles if left upon the skin long.

So it is with all other sharp acids, tollet vinegars and the julces which are to re-

move blemishes.

If the woman with the tired lines is afit the woman with the tired lines is af-flicted with sun spots upon the skin she can take a ripe cucumber, slit it lengthwise and bind the stripe on her face. In this way she will bleach her skin with-out really injuring it. Remember that the electric relies and fa-I do not know positively about this, and would heattate to recommend a drug, as I have sever seen any tried.

in the bust.

Mrs. D. T. L. writes: I suffer from itsonnia.

Is there a narcotic that can be taken without ill effects upon the constitution.

I do not know of any such. Perhaps you do not require a great deal of sless and get your sleep out early in the night.

Try sitting up until midnight. Then see how you sleep. If you prefer to do so you can retire at 10 and get up at 5.

This will sometimes cure very obtinate cases of insomnia. Many persons can not sleep over six or seven hours.

Mrs. H. Y. P. writes: I used the destrice massage roller, which you recommend, upon my forehead. The electricity atimulated the skin and made it soft.

I then massaged it with cold cream, according to your directions, and successed in taking out some ver, deep wrinkles.

I cannot thank you enough for recommending the electric treatment to me.

Mrs. H. G. writes: I have reduced my weight with your method.

Now can you tell me how I can become still simmer?

I am now a little above normal.

I weigh 160 when I should weigh im Reducing was so easy that I would like to reduce still more. But I cannot seem to lose another pound.

Let your weight rest where it is for a while.

onl message are all very well, but, after all, they are only agents and cannot be used unwisely ner without other aids. All the electric reiling in the world will not make the skin smooth unless it is care-fulld (reacted

And all the skillful massage in the uni-verse will do little unless the pores are kept in good condition.

A reader who does not want her name seed asks for several prescriptions for removing superfluous hair.
There is the powdered pumice. There is the salve stock which pulls the hair out by the roots. There is the powdered pumice. There is the salve stock which pulls the hair out by the roots.

There are the iwessers and there is the electric needle. All of these are good. A great many have succeeded by using the twessers and afterwards applying weak ammonia to the roots.

The electric needle can be applied either by a specialist or at home by yourself. To Faithful Reader—Instead of devoting a special beauty talk to your case I have answered you in letters to correspondent.

Tou have no doubt found and recognized your answer before this.

Mrs. L. writes: I walk until I am exhaused, and go without eating until I am faint. Yet, my weight continues to increase. What can I do?

You are already doing too much. Do not go out without eating, but try to eat the right things.

One reader said she went without eating entirely for a whole day, but ate twice as much the next day. This is perfectly natural. Try fruit, but be sure that the fruit agrees with you.

Strawberries poison some people; pineapples poison others; others cannot digest apples and there are those who cannot touch banams.

An Eastern Reader says: I am disfigured by crows feet around my mouth.

I have massaged them, but they seem to grow deeper and deeper. How would you treat them?

Treat them, first, by supplying any missing teeth that may be in the mouth.

Missing teeth will make hollows in the cheeks. And hollows make crow's feet. Massage them with a little olive oil and take as much cocca every day as you can drink, unless you are very stout.

Cocca and the chocolate preparations fatten the face and bust very quickly.

A great many readers, in writing to this column, have inclosed self-directed envelopes with the word "city" upon them.

As this newspaper is read is hundreds of cities it is impossible to tell what city is meant and a reply never reaches the writer.

Mrs. Q. says: Do not use any same nor my initials, but give me a reache for developing the bust.

Do you believe that there are drug that twill do it without injuring the constitution? Let your weight rest where it is for a

Let your weight rest where it is for a while.

Then go back, at the end of two weeks to the treatment. You will find that it works like magic again.

Mrs. B. says: I reduced my weight and took superfluous hair off my face. I feel and look like a new woman. People say I am ten years younger. But I have wrinkles.

Is there a way to take them such

Wrinkles, you must know, are only skin deep. Treat the skin. Use a skin food and the wrinkles will surely go away.

I know many women of 60 who are old enough to have wrinkles if they wanted them, but who have not the sign of a wrinkle on their faces.

You see they are not neces desire them. A reader writes about blackheeds. My face is covered with them, she mays, especially around my nose and chin.

Your inquiry is one of several Blackheeds can be taken out of the skin without any difficulty.

You might, if you have the apparatus, use the electric roller upon the chin to atim-ulate the pores.

If you have nothing of this kind you might pinch the skin until it is red.

might pinch the skin until it is red.

Then heat with hot cloths, wash well with soap and water and apply a cold ensure. That will usually do the work.

An appreciative subscriber writes: How glad I was to read in your column that a woman need never grow old.

It is nice to know that the raviese of time can be prevented. I have prefited by your beauty talks.

My friends frequently sak me how I have so much improved my looks during the past year.

I smile, but do not tell them. I thing, I have taken every wrinkle ery crow's foot out of my face. Some one asks for an eye-brow grant Take melted vasaline and mix it wis almost oil. Apply with a camel